

A PICK-ME-UP FOR SINGLE PARENTS

Gingerbread
Single parents, equal families

Everyone could use a bit of support every now and then.

We think single parents do an amazing job. That's why Gingerbread is here for you if you ever want a hand. We offer single mums and dads practical advice - on anything from starting work, to sorting out maintenance issues.

Take a look around our website and you'll find lots of really helpful information. Plus you can sign up for our monthly e-newsletter. Or if you'd like to talk to someone, there's always our helpline. Our advisers know their stuff and they're friendly too.

And because we're a charity, it's all free.

**www.gingerbread.org.uk
0808 802 0925***

* We're here 9am to 5pm Mon to Fri and 'til 8pm on Weds. Calls are free from landlines and these networks: 3, Orange, Virgin, Vodafone, T-Mobile and O2. Plus any BT telephone box.